Cancer Prevention and Screening

Lower Your Risk and Get Checked

Lower your risk of getting cancer (also called preventive care).

Keeping healthy and visiting your healthcare provider regularly can help lower your risk of getting cancer. Your healthcare provider can talk with you about preventive care.

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Preventive Care Can:

Keep risk factors under control so you are less likely to develop diseases. Risk factors are things that make you more likely to develop a health problem. For example, smoking is a risk factor for lung cancer. You are more likely to get lung cancer if you smoke.

Catch diseases early. Diseases are easier to treat when they are found early.

Some Examples of Preventive Care Are:

Vaccines, such as the flu shot and COVID-19.

Quitting smoking.

Being active and eating healthy.

Tests that check for health problems, such as high blood pressure, cholesterol, and diabetes.

Get Checked (Screened) for Cancer

There are tests that can help find cancer early, before you have any symptoms. When cancer is found early, it is often easier to treat or cure. Ask your healthcare provider about what cancer screening is right for you.

Getting Screened Can:

- Catch cancer early when it is easier to treat.
- Help prevent cancer by finding changes in your body that might become cancer over time.

Some Examples of Cancer Screening Tests Are

- Mammogram to find breast cancer.
- Pap test to find cancer in the cervix.
- Colonoscopy (say: co-lon-os-co-pee) to find colon and rectal cancer.
- Low-dose computed tomography (say: tow-mog-ruff-ee) to find lung cancer.

For questions about your NYSOH insurance plan or your health:

Please call your IHCD Navigator,

_____

(Navigator name)

at

_____

(phone number)

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Immigrant Health and Cancer Disparities Service
Towards Equity in Health